DAILY WORD

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Pray with Silent Unity

PEACE . . . **Let liberty, justice, peace, love, and understanding be established throughout the world, in the name of the Lord Jesus Christ.**

PRAYER FOR WORLD LEADERS: **Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the mutual security of all mankind.**

•

PRAYER FOR ILLUMINATION: **I have faith in God and trust Him to direct me in ways of wisdom and peace.**

•

PRAYER FOR PROSPERITY: **I have faith in God's unfailing provision. He supplies my needs and gives me peace and freedom.**

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PRAYER FOR HEALING: **I have faith in God's healing, freeing life within me. I am at peace, and my body is whole and well.**

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DAILY WORD

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Dear Friends:

Unity School of Christianity is not organized to make a financial profit. It is dedicated to serving God's children by helping them understand their relationship to God. Unity School has a number of departments. One of these is Silent Unity, the prayer group who spend their working time in prayerful service for those who ask help. Many who ask for prayers send offerings, for which Silent Unity is grateful, but those who ask for prayers always receive the prayers of Silent Unity whether they send an offering or not.

While there is a nominal charge for Unity literature, Unity sends out thousands of pieces of literature free every month to foreign countries, to people in the United States who cannot pay for them, to hospitals, old folks' homes, children's homes, institutions for the blind, prisons. Thus, through Unity literature, through Silent Unity, and with your spiritual and financial support, millions of people are learning how to abide in the love of God. You who send gift subscriptions introducing others to Truth are co-workers with us in the Father's service, and we say to you, "Through blessing others, you too are richly blessed!"

LOWELL FILLMORE, President

What Is Unity's Healing Ministry?

MAY ROWLAND

"THEN SHALL thy light break forth as the morning, and thy healing shall spring forth speedily." How wonderful it is to understand and accept this promise for one's self.

Besides this power-filled text from Isaiah, there are many healing promises found in the Old Testament. Jehovah spoke through Ezekiel, saying: "I will put my Spirit in you, and ye shall live." Truths, like these, have been depended on by people throughout the ages, and are even more universally accepted now.

Jesus Christ, understanding the Scriptures, having faith in the Truth they reveal, made healing an important part of His ministry. He declared His faith in healing when He said: "All things are possible to him that believeth."

I have always liked the affirmative statement: "This I believe." For in the many experiences in life that confront us, we need to take a positive stand. We need to believe.

At some time in our experience it is necessary to sort out the facts from the fancies on which we build our lives, and come to a faith that we can

accept as entirely dependable. To believe that something is true, and to say, "This I believe," does not imply a closed mind. It implies a stabilized mind.

The ideas we believe in today can constantly expand and grow in our consciousness. What we believe about God should constantly expand and grow, for all the truth about God has not yet been discovered. However, if we can develop a strong belief in God as eternally good, we can build a strong foundation for our life.

Dare to believe! Put what you believe into action. This is the challenge. Belief must become action if you are to realize healing—if you are to put the most into life and get the most out of life.

If your present belief in God is not bringing you health, happiness, and peace of mind, perhaps you have not yet grasped the true concept of God as the working power in your life. Get a closer look at God as He expresses through you, through your mind and your body. Think of God as the very Spirit within you. God is not only the Principle of good, working in the universe, God is the Spirit of good working in and through you. Direct your attention to this warm, loving Spirit of God and something vital stirs within you; you commence to feel this Spirit as your very life. It is light. It is life. It is love. It is health. The

thrill of life and health aroused renews and restores your body.

After your home is wired for electricity, you do not go outside to the transformer to turn the lights off and on. You turn to the simple principle of electricity within your home. You press a button, you turn a switch, and the light is there where you need it. Likewise, when you desire a greater feeling of the presence and power of God in your life, you need not go outside yourself. You contact God's presence and power by turning within in quiet prayer. There you find His light, His life, and His love easily accessible.

With the correct concept of God we, like Jesus, can dare to believe that "all things are possible." Do not become confused by terms. We frequently speak of the "I AM THAT I AM." You remember that Jesus said: "Before Abraham was born, I am." At another time Jesus said: "It is the spirit that giveth life." Paul spoke of "Christ in you, the hope of glory." In these statements the terms are different but the meaning is the same. In our prayers we use the name of Jesus Christ, Christ in you, the Spirit of God, and other terms. There are many names for God and one should use the name that means the most to him, the name that makes him feel closest to God, the name that brings him the clearest concept of God.

Jesus used Himself as a symbol of the universal Christ. The things He did He counted on every man to do. He counted on you to do these things.

Sometimes the question is asked: "Am I good enough for God to heal me?" Yes, you are good enough. You are good. The Christ is in you, for the Christ is in every man. Never think of yourself as unworthy. You are the beloved child of God and you can be forgiven, cleansed, and healed through His indwelling Spirit, the Christ Spirit. The moment you turn to the Christ within, the radiant light of His recognized presence sets you free from past mistakes, and you are lifted up in consciousness so that you know that you have the same Christ in you that was in Jesus. You are a son of the living God.

You will recall the story of Peter, in the instance of his recognition of Jesus as the Christ. Jesus asked His apostles: "Who say ye that I am?" And Peter, who was commencing to see the truth, said: "Thou art the Christ, the Son of the living God."

The lesson for us in this experience is that through an illumined faith the Christ, the Son of God, will be revealed to us. When this recognition comes to us, our healing springs forth speedily.

Healing is the keynote of the Unity ministry.

The Unity work has grown and prospered and now reaches around the world because of the healing idea. Healing includes mind, body, and affairs. In fact, healing includes everything that relates to man.

The healing work of Unity is done as Jesus admonished—"in my name"—in the name of Jesus Christ. For this healing ministry is based on the teachings of Jesus Christ.

Unity teaches a way of life, a way of thinking, a way of feeling and a way of praying that brings man to the full attainment of his Christ potential.

Unity believes that man's need for healing arises because he has lost contact with his spiritual nature. This contact is restored through daily prayer.

From the writings of the old prophets we gather that they kept faithful contact with God. In many instances the Old Testament states that Jehovah, or the Lord, spoke through various illumined ones, and they in turn related to their people what had been revealed to them.

The Lord spoke through Isaiah, saying: "The Spirit of the Lord Jehovah is upon me; because Jehovah hath anointed me to preach good tidings unto the meek: he hath sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening *of the prison* to them that are

bound; to proclaim the year of Jehovah's favor."

Isaiah was attuned to listen to the message of God that was spoken through him. In the New Testament it is written that Jesus also recognized this Truth as spoken through Him.

"And he came to Nazareth, where he had been brought up: and he entered, as the custom was, into the synagogue on the sabbath day, and stood up to read. And there was delivered unto him the book of the prophet Isaiah. And he opened the book, and found the place where it was written, "The Spirit of the Lord is upon me,

Because he anointed me to preach good tidings to the poor:
He hath sent me to proclaim release to the captives,
And recovering of sight to the blind,
To set at liberty them that are bruised,
To proclaim the acceptable year of the Lord.

"And he closed the book, and gave it back to the attendant, and sat down: and the eyes of all in the synagogue were fastened on him. And he began to say unto them, To-day hath this scripture been fulfilled in your ears."

In this instance as in the instance of Jesus' questioning of Peter, we see that He was fully conscious of His oneness with God and He could freely proclaim the fulfillment of the promise

made in Isaiah. Jesus was so sure of the truth of His spiritual nature that He knew this scripture was fulfilled in Him. Our spiritual nature must also be aroused to this place of belief, so that we can say: "Today has this scripture been fulfilled in me," and, "The Spirit of the Lord is upon me and it radiates through me as healing power."

We are growing and developing in our spiritual nature and we should commence to proclaim boldly the truths of the Scripture. To proclaim these truths we do not need to wait until our consciousness has developed to the Jesus Christ consciousness. We should use the truth that we know and understand to heal the sick and to set free men who are bound in negative thoughts, opinions, and conditions.

There are many methods of healing; each method contributes its specialty to the general field of healing. Spiritual ideas are the basis of healing in the Unity way. Spiritual ideas are healing! When an individual is awakened and comprehends the truth of his spiritual nature, he realizes that healing must come—not from without himself—but from within himself. He glimpses the truth in Paul's instruction: "Be ye transformed by the renewing of your mind." The transformation of the mind, of which Paul speaks,

comes when man is awakened to the idea of himself as a spiritual being. This awakening is indeed the truth of which Jesus spoke: "Ye shall know the truth, and the truth shall make you free."

A part of the mission of Jesus Christ, as a universal symbol for the race, was to show man the truth of himself as a spiritual being. Jesus came to reveal man's true nature and to lead man to an acceptance of eternal life. We all recognize the eternality of Spirit, but we have a great goal before us. We want to lay hold of Jesus' idea about redeeming the body.

In our life we function mostly from what we speak of as the natural man, or the body man. Ill health comes because there is a lack of co-operation in man with his spiritual nature. In order to come into an idea of wholeness, we must quicken and arouse the spiritual nature within us. The idea of ourselves as spiritual men gradually becomes the dominating idea in our mind. When it does, our life is no longer affected by the impulses or ideas that bind the natural man.

As we learn to pray with an idea of our spiritual nature in mind, we release powers and energies and forces that heal mind and body. We learn to think of the body as an expression of the spirit in us. We learn to think of every atom of the body as filled with life, substance and intelligence.

When you speak your words of Truth about your body, make a mental agreement with these words. Many people pray with their lips, and do not put feeling into their prayers. Make an agreement with the ideas about which you are praying. Not only say your prayers, but feel them. When the point of agreement is made, and the subconscious phase of mind takes up the ideas, "healing shall spring forth speedily." The next time you pray a healing prayer, try doing it in this way, with this affirmation: "I send my healing word to the depths of my being, and every atom of my body accepts it and responds. I am cleansed, purified, and made new. The atoms of my body shout for joy. This I decree in the name of Jesus Christ."

When we pray in this way we are not making healing too much of a personal effort. The pressure of stress and strain does not bring about healing. Healing comes through releasing one's self entirely to God.

Speak your healing word for yourself and for other persons, then release all anxiety.

From this time forth accept the light and life of God as your own. Know you have God's Spirit, the Christ Spirit, within you. Know that through this Spirit you can do all things. Dare to believe. Put your belief into action. Accept yourself as Jesus Christ accepted Himself—as a son of the

living God. Speak your word in the name of Jesus Christ. Start where you are. Love God. Love people. Love yourself. Love life. Your faith works through this love. Believe in eternal life. Think of your body as an expression of eternal life. Tell it that it is an expression of this life so that it may rejoice in this knowledge. Come into complete agreement with the words of Truth that you speak. Then you will know as Paul knew, that you "have put off the old man with his doings, and have put on the new man, that is being renewed unto knowledge after the image of him that created him . . . Christ is all, and in all."

YOU NEED NEVER FEEL ALONE

Always, night and day, someone is at prayer in Silent Unity, and you can have these prayers for yourself or another at any time.

God never fails, and God is never farther than a prayer. Silent Unity prays with faith in the power of God and in the power of prayer.

You can reach Silent Unity by telegraph, Unity, WUX, Kansas City, Missouri, by telephone, LAclede 4-3550, Lee's Summit, Missouri, or by letter to Silent Unity, Lee's Summit, Missouri.

What one heart cannot bear alone, over a hundred loving hearts can bear with faith.

"Let not your heart be troubled."

"Lo, I am with you always."

Saturday

I AM NOW A CHILD OF GOD, ONE WITH HIS LIFE, HIS LOVE, HIS POWER, HIS OVERFLOWING GOOD.

IN STRIVING to *become* something, to improve ourselves, we sometimes forget that all we really need to do is to *be* something we already are—the God self that He created us to be. This is why affirmations that use, "I am," are more powerful than prayers that avow, "I will be," or, "I should be."

Right now are we children of God. Right now we have within us the potentialities of sons of God. Right now we are one with Him. When we affirm, "I am one with God," we are reminding ourselves of what we really are, of the self that God created in His image and after His likeness.

All of us have more greatness in us than we know, all of us have latent abilities and talents and potentialities. Now is the acceptable time to call them forth. "Now are we children of God." Now are we to affirm our Christ nature, our God nature. Now are we to realize consciously our oneness with God. Now are we to be the children of God He created us to be.

♣ *Now are we children of God.*—I JOHN 3:2.

Sunday

THE JOY OF JESUS CHRIST SETS ME FREE, AND I AM HEALED.

"IN OUR modern practice of spiritual healing we find sadness and sorrow to be the cause of many physical ills. We also find that happiness is natural to man and that he can release it from his inner life through an understanding of Truth." Thus Charles Fillmore suggests that joy brings healing.

He continues to enlarge on this idea in these words: "The study of the spiritual side of life awakens in mind, and even in body, emotions that convince one of the reality and eternal continuity of life, regardless of the changes that take place.

"Isaiah had a consciousness of this when he wrote in the 35th chapter of his book: 'And the ransomed of Jehovah shall return, and come with singing unto Zion; and everlasting joy shall be upon their heads; they shall obtain gladness and joy, and sorrow and sighing shall flee away.' "

Mr. Fillmore says: "Of all men . . . Jesus understood best the joy of the spiritual life, and He had the power of imparting that joy."

♣ *These things have I spoken . . . that your joy may be made full.*—JOHN 15:11.

Monday

GOD BLESS THIS HOUSEHOLD.

GOD BLESS this household with love. Fill the heart of every member with Your Spirit of gentleness and joy, with Your Spirit of forgiveness and compassion, with Your Spirit of understanding and peace. God bless this household with love so steady and strong that harmony is the order of every day.

God bless this household with life. Renew and restore every member. Strengthen and perfect us all. Heal and bind up every wound. Let the presence of life be felt by all who enter here. Let the idea of life so permeate this household that health and wholeness are the order of every day.

God bless this household with substance. Fill us now with richness of spirit and purpose. Fill us now with faith in Your never-failing supply and support. God bless this household with substance so that success and prosperity are the order of every day.

God bless this household with happiness. Let the walls echo with the heavenly music of happy hearts. Let happiness be the order of every day.

✤ *This is none other than the house of God.*—GEN. 28:17.

I WORK WITH GOD'S LAWS TO "LET FREEDOM RING!"

HEARTS attuned to the needs of the world know that "Let freedom ring!" is the cry of every man in every land. Men want to be free to follow the leading of their own indwelling divine spirit; men want to be free to think the thoughts, speak the words that bring them closer to God, and closer to other men.

Hearts attuned to the needs of the world are hearts quickened to pray for freedom. It does not matter how the prayer is phrased; it is the act of praying that matters. Through prayer we bless world leaders; we lend spiritual help to the establishment of conditions in which freedom can flourish, and we stand fast in the knowledge that freedom is every man's divine heritage.

Hearts attuned to the needs of the world are hearts held high in the faith that God fulfills those needs. Through such hearts, through such prayers, through such faith we affirm freedom for men and for nations.

♣ *He that looketh into the perfect law, the* law *of liberty, and* so *continueth, being . . . a doer that worketh, this man shall be blessed.*—JAMES 1:25.

Wednesday

GOD'S GOOD IS EVER SEEKING ME.

WITH A growing sense of expectancy, I see and feel God's good coming to me from every direction. I expect nothing but good. I feel the constant outworking of good in my life and affairs. Good ideas fill my mind, seeking expression through me.

I go through the day knowing that my good finds me in every task I do. I retire at night knowing that good ideas flow through me while I sleep. I greet the new day knowing that my good awaits, ready to express through me to bless others.

I do not insist on my good coming through a particular event, person, or position. I do not limit my good to certain channels. Instead, I see God, good, everywhere. I see good expressing through me. I feel good that I cannot see coming to me. God's will for me is unlimited good, the highest possible good. I remain open and receptive to His good, knowing that the number of channels through which this good expresses is infinite and unconfined.

✤ *My cup runneth over.*—PSALMS 23:5.

Thursday

I BLESS MY AFFAIRS WITH IDEAS OF ORDER, INCREASE, AND ABUNDANCE.

I STILL my thoughts and turn to God. I take the idea of order and let my mind dwell on it. I think of the divine order that exists at the heart of things, the divine order that is God-decreed and God-maintained. I speak the word of order. I bless my mind, my body, my affairs with this God idea.

I take the idea of increase and think about it. I meditate on the law of increase that is continually fulfilling itself. I open my mind to increased understanding, to increased knowledge of God and His laws. I open my life to increased good of every kind. I speak the word of increase in faith, believing.

I think about the idea of abundance. I rejoice in the overflowing provision of God. I give thanks that the abundance of God is now coming forth in me, first as an abundance of rich ideas, then as the abundance of all that is needed to make life complete and perfect.

I speak the word of order, increase and abundance and see its fulfillment.

✤ *God shall supply every need of yours.*—PHIL. 4:19.

Friday

"I BEHOLD THE CHRIST IN YOU,
HERE THE LIFE OF GOD I SEE."

IT WILL help us in our prayers, in our efforts to bless, if we think of the need to overcome bondage to any destructive habit as a healing need. And truly it is, for healing is not of the body only, but of the heart, mind, and spirit. When we pray for healing of the whole man we are able to look past the surface appearances and behold the inner man, the Christ self that is whole, free, and perfect.

Every effective prayer for healing begins with a realization of the perfect God-idea present in the one for whom we pray. We do not try humanly to change the outer picture. Rather we affirm that which is true in God, which has always been true of the one for whom we pray; that he is potentially perfect, that there is a Spirit in him that is God's own Spirit. We give thanks that this Spirit in him is able to save and to heal to the uttermost. When we pray in faith, we can expect healing, even when all else has seemed to fail, for Jesus said: "The things which are impossible with men are possible with God."

♣ *He is able to save to the uttermost.*—HEB. 7:25.

Saturday

I AM CENTERED AND POISED IN THE CHRIST MIND, AND NOTHING CAN DISTURB THE CALM PEACE OF MY SOUL.

WE ALL need periods of daily prayer when we can take time to be still, to think about God, to let our mind and heart be lifted up and renewed. The practice of daily silence and prayer is the secret of poise and tranquillity. It is the way in which we refresh and renew ourselves at the living source of our being, God in the midst of us.

It helps if we can go where we are alone, where we can be comfortable and relaxed. It usually is helpful to begin our time of silence with some inspirational reading, for this takes our thoughts off the outer things that concern us. Then we can make our affirmations, either silently or aloud, and thus focus our thought on Truth and come into a conscious realization of the living presence of God and our unity with Him.

The everyday practice of prayer and silence keeps us centered and poised in the Christ Mind so that nothing disturbs us.

♣ *In quietness and in confidence shall be your strength.* —ISA. 30:15.

Sunday

LIFE IS EVER NEW, EVER STIMULATING, AND EVER SATISFYING AS I LET THE CREATIVE SPIRIT OF CHRIST EXPRESS THROUGH ME.

YEARS ON a calendar cannot rob me of the joy of living. Life is ever new as I keep my outlook fresh and as I expect the good. Life is ever stimulating as I eagerly face forward with optimism rejoicing in the interesting things I have to learn. Life is ever satisfying as I allow the creative Christ Spirit to express through me.

I meet birthdays with a joyous attitude. Each year is God's gift to me, and I eagerly anticipate daily revelations of good. I constantly look for and expect to find experiences that enrich my life and the lives of persons around me.

I keep myself interested and interesting by expanding the horizons of my mind. I accept the limitless possibilities of the creative Christ Spirit in me. This Christ Spirit inspires me, helping me to fill my days with satisfying activity that contributes to my mental, physical, and spiritual well-being.

♣ *If any man is in Christ,* he is *a new creature.*—II COR. 5:17.

Monday

GOD GUIDES ME TO MY RIGHT EMPLOYMENT. HE WORKS WITH ME, AND I AM SUCCESSFUL AND PROSPEROUS.

GOD IN His infinite wisdom knows that we must have work to do in order to be happy. His Spirit within us prompts the desire to be profitably and soul-satisfyingly employed. It is His Spirit that urges us to contribute to our own life and to the community in which we live by giving of ourselves in worthwhile employment.

His Spirit within us gives us an incentive to serve. When we seek employment, we can pray asking this indwelling Spirit for guidance to our right place, the place where we can give our best and in turn receive just recompense.

Prayer keeps us alert to opportunities. Even if we feel that some task is trivial and is not the answer to our prayer, we can do the work at hand with a grateful heart, trusting God to guide us into a fuller expression of our abilities.

God's Spirit is with us as a loving helper, revealing new ideas and perfecting all that we do. We are successful and prosperous.

♣ *For we are God's fellow-workers.*—I COR. 3:9.

Tuesday

I GLADLY ACCEPT THE CHANGES NECESSARY IN MY FAITH, THOUGHT, FEELINGS, AND ACTIONS THAT MAKE IT POSSIBLE FOR GOD TO ANSWER MY PRAYER.

ANSWER TO prayer is not dependent on God's willingness to give—which never fails—but on our own willingness to accept. The good for which we pray must be accepted in our faith, thought, feeling, and actions before it can be brought into expression in our life. We are the channels through which God answers prayer. It is up to us to clear out, or let God clear out, any obstructions of doubt, fear, resentment, unforgiveness, or any wrong thinking that stands in the way of answered prayer.

There is a perfect state of mind and heart that makes answered prayer inevitable. These words provide the key to this state of mind: "I praise and give thanks for answered prayer right now. I gladly accept the changes necessary in my faith, thought, feelings, and actions that make it possible for God to answer my prayer. I am open and responsive to God's unfailing action of good."

♣ *I seek not mine own will, but the will of him that sent me.*—JOHN 5:30.

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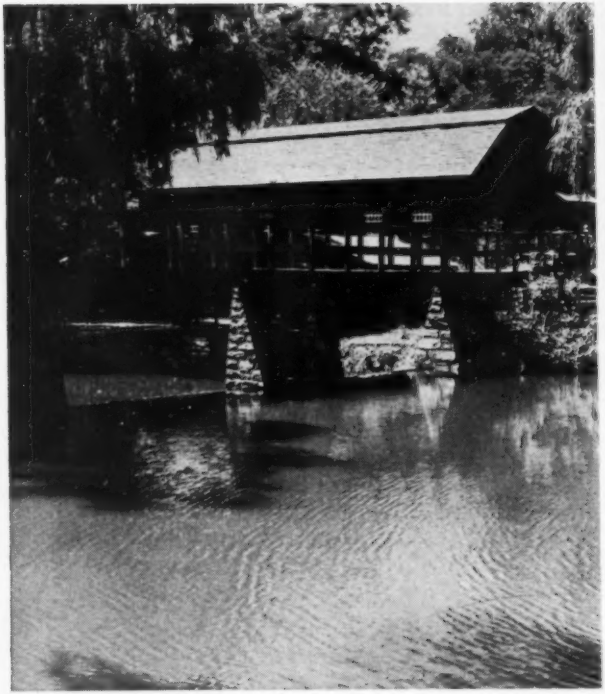

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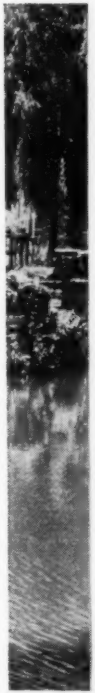
JAMES DILLET FREEMAN



How much of what I see,
So tangible and fair
Of form, is really there
And how much is in me?
Which is thought? which is thing?
I look at earth and find
A world as fair as mind,
Bright as imagining,
Real as a revery.
What shall divide the stream
And separate the dream
From the reality?
When I look at the sky
Sometimes I find it hard
To tell which one is starred,
The depths of space or I?

Wednesday

JULY 12

IN THE NAME OF JESUS CHRIST, HEALING SPRINGS FORTH SPEEDILY.

WHEN WE meditate on the healings that Jesus performed, we marvel at the speed with which His spoken word brought results. The same Spirit that healed through Jesus is present with us, and the response to our prayer of faith in His name can be just as instantaneous.

Life is always present. Life is always God's will. The appearances do not matter; the nature of the disease is unimportant in God's sight. The duration of the condition does not affect the healing power of God. In the very instant that the awareness of God's life is clearly comprehended, healing takes place. We add power to our prayers for healing when we speak our word in the name of Jesus Christ. For when we do this, we are identifying ourselves with the Jesus Christ consciousness and we enter into a new awareness of life, changeless, eternal, ever-renewing. We get a vision of the overflowing waters of life; we enter into the healing stream and are made whole.

♣ *He that believeth on me, the works that I do shall he do also.*—JOHN 14:12.

Thursday

AS A CHILD OF GOD I AM A PEACEMAKER.

WE ARE most prone to criticize and condemn other persons when we are dissatisfied with ourselves, when we are filled with self-condemnation and self-criticism. We project these feelings to others and see in them the faults and shortcomings we see in ourselves.

Then we need to put on a heart of love. We need to learn to know and love the child of God that we truly are, to let the forgiving love of God fill us and warm us and set us free from regret, bitterness, or frustration.

Jesus taught us that we are children of God, that we are children of love. As we come to know ourselves as children of love, this love will dissolve all inharmony. We will be able to see with clarity that not only are we children of love but all men are children of love. Then will our heart be free from condemnation; then will love and understanding fill our thoughts. Then will we know ourselves and others as we truly are, children of God, children of love.

♣ *Blessed are the peacemakers: for they shall be called sons of God.*—MATT. 5:9.

THERE IS BUT ONE PRESENCE HERE, THE PROTECTING PRESENCE OF GOD, THE GOOD.

THE PROTECTING presence of God is very real to the person who practices prayer. When the prayer-minded man sees a challenging situation, he immediately reacts with a thought like: "There is but one presence here, the protecting presence of God, the good." He may even speak such words aloud. He will undoubtedly hold himself and all concerned in this consciousness.

Wherever we find ourselves, at home, at work, traveling by air, land, or water, we can maintain the feeling of the one Presence. We can maintain this feeling in regard to our loved ones and our friends. We can maintain this feeling in regard to the children who in many places are now on vacation from their schools. We can maintain this feeling in regard to all persons everywhere. Even when the ones for whom we pray know nothing of our prayer—know nothing of God as a protecting presence—our prayer contributes to the quickening and sustaining of the faith that is inherent in their hearts.

♣ *My presence shall go* with thee.—EXOD. 33:14.

Saturday

THROUGH GOD'S POWER WITHIN ME, I ACCOMPLISH WHAT IS BEFORE ME TO ACCOMPLISH.

EACH DAY presents many opportunities for us to begin and complete whatever work requires our attention. There may be times when more is required of us than we can accomplish. The innumerable details of supporting a home and family or rendering service to others may mount day by day until we feel burdened.

No matter what our occupation is, the tasks that seem to beset us are not enemies that would rob us of peace and happiness. Let us behold as opportunities the everyday, routine details that require our attention. They are opportunities because they allow us to exercise the power of God within us. Thrill today to the experience of using this power of God to get both the great and the small things done.

As each task is begun in an orderly, peaceful, enthusiastic way, we become aware of great power being expressed through us. We have a soul-filling sense of success and accomplishment.

♣ *I am full of power by the Spirit of Jehovah.*—MICAH 3:8.

Sunday

I COME TO THEE, O LORD, IN SILENT PRAYER:
MY HEART TO THEE IS OPEN NOW.

LOVING LORD, I come into Thy presence with joy and thankfulness of heart, for Thou who hast been with me from the foundation of the world art with me now. I do not need to ask anything of Thee, for Thou hast given me all. I do not need to bring my troubles and cares to Thee, for Thou hast erased them all. I do not need to ask to hear Thy voice, for even as I speak, Thou answerest. Thou art in me, I am in Thee.

Loving Lord, I bring to Thee my joy, my heaped-up, overflowing heart. My only prayer is, "Thank Thee, Father." In Thee am I blessed. In Thee do I live. In Thee is the fulfillment of all my seeking and asking.

Loving Lord, I come to Thee in silent prayer. With a spirit that soars to Thee, with a heart that sings a song of joy to Thee, with a mind that praises Thee in wordless prayer, I come to Thee. Thou art my all in all, I am Thy child. Thank Thee, Father.

Loving Lord, my heart to thee is open now.

♣ *Our Father who art in heaven, Hallowed be thy name.*
—MATT. 6:9.

Monday

I PLACE MYSELF IN GOD'S WISE, LOVING CARE.

IT IS good to feel that we are under the divine direction of our wise, loving Father, God. If the present moment finds us considering a vacation, whether it is an overnight trip to a nearby vacation spot, or a long journey to some far land, let us place ourselves under the divine direction of God. Then our vacation will unfold in an orderly manner, and will bring satisfaction and joy.

Perhaps we will want to pray: "The Spirit of the Lord directs me in all my ways." Or we may pray: "The Spirit of the Lord goes before me making plain, happy, and safe my way." However we choose to word our prayer, let us feel the truth of our words. Let us feel our oneness with the light and love of God. Let us trust His infinite wisdom to direct us in happy, orderly ways.

As we pray about our vacation, it will take form with ease; we shall make wise decisions; we shall be divinely protected; we shall find that we are able to extract from the experience the fullness of pleasure it has promised.

♣ *Yet am I with you in the spirit, joying and beholding your order.*—COL. 2:5.

Tuesday

I FACE LIFE WITHOUT FEAR, FOR GOD IS MY HELP IN EVERY NEED.

PSYCHOLOGY TELLS us that one of the main causes of emotional disturbances in an individual is the refusal to face certain aspects of life honestly and courageously. We can face any issue in life, overcome any problem, and find inner peace if we know God is our help in every need.

Emotional troubles are very often caused by our fear of what we think is wrong, and not by the trouble itself. When we know that God is our help in every need, there is nothing to fear. We feel His strength giving us courage. We are aware of an inner knowing that He is mightier by far than any disturbing appearance.

With our faith in God's help, let us calmly face those thoughts we have never dared to face. Let us calmly undertake the tasks that we have been running from. God opens the way, and as we face what seems to be impossible, fears vanish, and we are free.

What time I am afraid,
I will put my trust in thee.
—PSALMS 56:3.

Wednesday

"LET THERE BE LIGHT."

MANY OF the letters that are received by Silent Unity are from persons who want us to tell them specifically what they should do in some situation. Because we know that there is only one source of true wisdom, only one sure guide, we never give specific advice. Rather we pray for light and inspiration for those persons. We instruct them to turn to God, the one infallible guide, to be ready and receptive to His help and light.

There is always a way. God reveals this way when we turn to Him, when we have faith in His wisdom to light our mind, to guide our steps, to reveal new paths, to open new doors. When we need guidance, we can quietly speak the word: "Let there be light," to our mind and heart and to any situation that seems difficult to understand or to solve. "Let there be light: and there was light." Even as we speak the word, the light that is already within us shines into our inner vision and opens our eyes to answers that were there all the time.

♣ *Let there be light.*—GEN. 1:3.

GOD'S LOVE GIVES ME COMFORT. GOD'S WISDOM GIVES ME NEW UNDERSTANDING.

I AM NOT alone, for I know that God is with me, and I am infolded in His love. No matter what challenge lies before me, no matter what changes are taking place, I am able to meet any situation successfully because God's love comforts, sustains, and strengthens me. If I feel any anxiety, loneliness, or emotional distress, I turn to God in prayer and I sense that He is saying to me: "Do not despair, my child, for I love you, and I will lift you up and give you comfort."

When my heart searches for the reason for things that have happened, I turn to God and receive new understanding and inspiration. He helps me understand that life is an eternal process of growth and unfoldment. He inspires me to feel safe and secure.

Even if I am separated from loved ones and familiar surroundings, I know I am in God's care and those I love are in His keeping. I remember that God loves me and I find perfect peace.

✤ *Thou wilt keep* him *in perfect peace,* whose *mind* is *stayed* on thee.—ISA. 26:3.

Friday

I WORK REJOICING, KNOWING IT IS MY HEAVENLY FATHER'S GOOD PLEASURE TO ACCOMPLISH HIS PURPOSE THROUGH ME.

IN GOD'S great plan of good, all work is important and necessary, and even the most menial and seemingly insignificant task is somehow an essential part of His purpose. I need to keep this in mind always as I go about my work. I need to maintain a good attitude.

My work is part of God's plan of good, and that makes it important to me. The work I have to do is essential to God's purpose, whether or not my limited vision can see how. I work rejoicing, knowing it is my heavenly Father's good pleasure to accomplish His purpose through me.

Once I have accepted the idea that my work is important to the Creator's plan of good, I stop looking longingly and even a bit enviously at the activities of others and concentrate on what I am doing. I am where I am, doing what I am doing, because I am part of God's plan and purpose. This attitude prepares me for the greater work God has ready for me.

✤ *Well done, good and faithful servant . . . enter thou into the joy of thy lord.*—MATT. 25:21.

Saturday

I AM ALIVE, ALERT, AWAKE, JOYOUS, AND ENTHUSIASTIC ABOUT LIFE.

God is life. We live in God-life. We express life. To fully understand this we need to think about God. We need to think about life. By concentrating our thought on God as life, we identify ourselves with life.

A good time to think about life is when we feel tired. A good time to think about life is when we are worried about a loved one's physical condition. A good time to think about life is when we enter a room where the conversation is depressing, or when we enter a bus or streetcar after a day's work and we see lifeless-looking people around us.

God is life. We live in God-life. Thoughts of life lift us out of tiredness. Our loved ones live in God-life. We are free from worry about their physical condition when we center our thoughts on God as life. Conversation comes alive when we speak words of life. People around us are quickened, and we see them relax as they catch a glimpse of our enthusiasm about life.

♣ *In him we live, and move, and have our being.* —Acts 17:28.

Sunday

I PLACE ALL THOSE FOR WHOM I PRAY IN THE CARE AND KEEPING OF THEIR INDWELLING CHRIST SPIRIT.

WHAT IS the greatest blessing we can bestow on our loved ones, our friends, our neighbors? It is to pray for them. It is to behold the Christ in them. It is to have faith that Christ within them is undefeatable, ever-active, ever-accessible.

It is a glorious and sacred privilege to be engaged in helpful, positive prayer for other persons. When we pray for others, they feel our invisible support and they are inspired because we are calling forth the divinity within them.

It may be that we will never know just how our prayers benefit those for whom we pray. However, through prayer our vision expands. We know that Christ is with those for whom we pray, to uphold them, to bless, love, and care for them. Their safety, happiness, and growth are assured because Christ indwells them.

Pray for other persons. Believe in them. Be at peace concerning them, for Christ indwells them.

♣ *Thou art the Christ, the Son of the living God.* —MATT. 16:16.

Monday

I LET THE LOVING SPIRIT OF CHRIST INSPIRE ME AND I AM FAIR AND JUST IN MY THOUGHTS AND ACTIONS.

THE STUDY of Truth brings us freedom in every avenue of life. This freedom includes the ability to banish from our mind all unkind and unjust thoughts.

We are able to free our mind from any thought of ill-will, resentment, revenge, or injustice as we let the loving Christ Spirit have dominion. Under the influence of this loving and wise Christ Spirit, we are prompted to broaden our view of life, to deepen our understanding of true values, and to let the idea of justice fill our mind.

Once we let love, understanding, and justice dominate our thinking, our actions are loving, wise, and just. Such actions are filled with power to accomplish good, to establish order, and to bring about right results for all concerned.

The loving Spirit of Christ in us is released through prayer and we find freedom. Our thoughts and actions are kind and just, and we meet a response of kindness and justice in others.

✤ *If a man be just, and do that which is lawful and right . . . he shall surely live.*—EZEK. 18:5, 9.

Tuesday

I CULTIVATE A CHEERFUL HEART AND I FEAST DAILY ON THE JOY OF LIVING IN GOD'S WORLD.

HAVE WE been tempted to believe that happiness is an external something that comes to us from outer sources and circumstances? Rather, let us realize that happiness does not come to us, but happiness comes through us.

The person who has cultivated a cheerful heart, a positive, optimistic outlook on life, finds his inner radiance reflected in the outer. The routine events of everyday living offer a feast of joy to the cheerful heart. A letter from a friend, the beauty of God's world about us, an opportunity to serve or help another, all these are food for joy when we let happiness come through us by cultivating a cheerful heart.

To the person with a negative, pessimistic outlook, even the important events and shining hours of life bring only the husks of happiness. But the cheerful heart feasts daily on the joy of living in God's world.

♣ *He that is of a cheerful heart* hath *a continual feast.* —PROV. 15:15.

Wednesday

THERE IS ONLY ONE PRESENCE AND ONE POWER ACTIVE IN MY LIFE, GOD, THE GOOD.

THROUGH prayer we prepare ourselves to handle in a positive way whatever may confront us. In daily prayer we build a strong consciousness of the truth that there is only one presence and one power in our life. Prayer increases our faith in God, the good. Prayer helps us to remain peaceful, loving, calm, and poised. Prayer is the Truth way of handling a problem; prayer is the easy way, the right way, the orderly way, the practical way.

When we say that we handle a problem through Truth, we mean that we react with love, faith, and understanding to any difficulty that confronts us. We mean that we think positively, fairly, and justly. We mean that we let go of all feelings of enmity, resentment, bitterness, and hurt.

What is the result of handling problems through Truth? We find that problems cannot exist for the one who is poised and centered in Truth. We find that only good comes to us, that only good exists for us.

♣ *Ye shall know the truth, and the truth shall make you free.*—JOHN 8:32.

Thursday

JESUS CHRIST IS THE HEAD OF MY LIFE. I AM OPEN, RECEPTIVE, AND OBEDIENT TO HIS INSTRUCTION AND GUIDANCE.

IT IS NOT always easy for us to know just how to solve the problems that confront us. Our human understanding seems inadequate to give us right solutions to the problems.

But there is a place where we can turn and always be sure of receiving the help we need. We can turn to the Christ within us. When we need guidance let us be still and affirm: "Jesus Christ is the head of my life." Let us then be open, receptive, and obedient to the instruction that He gives us.

The problems that appear overwhelming when we try to solve them with our human wisdom alone seem as nothing with the instruction and guidance of Christ. His wisdom sees through to the right solution. With Him in charge we have nothing to fear, for only good can result. So let us place all problems in His care and relax to receive the guidance that He gives us. Let us be willing to follow the guidance we receive.

♣ *Hearken now unto my voice, I will give thee counsel.* —EXOD. 18:19.

Friday

I STIR UP THE GIFTS OF GOD WITHIN ME AND EXPRESS THEM TO ENRICH THE LIVES OF OTHERS.

YOU NEED not be lonely and unhappy. You need not be without friends and companionship. You are important to God and to other persons. God needs you to express His love. Other persons need you to care enough about them so that you will stir up the gifts of God within you and express them.

All sense of aloneness and unhappiness will dissolve as you stir up your Godlike qualities and express them to enrich the lives of others. Begin now to stir up these gifts of God. Stir up the gifts of understanding and helpfulness, of kindness, sincerity, generosity, and unselfishness.

Joy in living comes from stirring up the gifts of God within. Joy in living comes from giving.

The love you express will attract love to you. The interest you take in others, and the efforts you make to be helpful, will return to you in "good measure, pressed down, shaken together, running over."

♣ *I put thee in remembrance that thou stir up the gift of God, which is in thee.*—II TIM. 1:6.

Saturday

I FACE LIFE WITH CALM ASSURANCE.

As JESUS faced the elements with calm assurance, no matter what the weather, I, too, can face the elements with this same calm assurance. I, too, can say, "Peace, be still." Jesus was not disturbed or affected adversely by the weather. Nor am I.

This same attitude of calm assurance can be applied to any storms that arise within my soul. I can face all conditions with calm assurance. As I establish peace in my heart and in my mind, the inner and outer storms cease, just as surely as the storms ceased that Jesus faced.

Jesus knew His divine nature. He knew that He had been given power and authority to establish good wherever He was. He tried to impress on us that we should follow Him and do what He did. He was not helpless in any situation. Nor am I. Jesus knew the right ways to use God's power and authority. We can know, with Jesus Christ, that the dominion and authority of love and peace are established wherever we send our thoughts and words of calm assurance.

♣ *Peace, be still.*—MARK 4:39.

Sunday

I AM GOD'S PERFECT CHILD CREATED BY HIM TO ACCOMPLISH GOOD HERE ON EARTH.

MAN'S ORIGIN and purpose have often seemed a mystery. The Psalmist asked: "What is man, that thou art mindful of him?" It was not until Jesus came that man learned his true identity. Jesus came to reveal to us that God created man as His instrument through which to accomplish His good here on earth. When we realize that God needs us to accomplish His good, we really begin to live, for then we have a purpose for living. No longer do we live merely to gain material goods and personal prestige.

As we take time each day to pray and meditate on our spiritual nature, we become open and receptive. It is through prayer and receptivity that God reveals to us our special work here on earth.

After we learn what it is that God wants us to do, we must act. It is through action that we accomplish. As we make the effort, God fills us with the faith and inspiration necessary to fulfill His purpose.

♣ *Present yourselves unto God . . .* as *instruments of righteousness.*—ROM. 6:13.

Monday

I AM STRONG IN THE LORD AND IN THE POWER OF HIS MIGHT.

ENERGY INCREASES through use. The more we draw on and use our God-given power, the more energy we have.

We never feel bored or tired when we are working creatively. We work creatively when we work in tune with God, when we call on the forces of our being and exert them.

All of us have power; all of us have creative power. The difference in the way some of us produce lies in the way in which we use the power we have. If we do not use our God-given power, it lies dormant within us, but always it is there, always we can stir ourselves to life and action.

To be in tune with God is to be continually renewed, it is to go from strength to strength, it is to "run and not be weary." To be in tune with God is to work joyously and happily without stress or strain, it is to produce satisfying results so that our lives are a blessing to us and to others.

✤ *He giveth power to the faint; and to him that hath no might he increaseth strength. . . . they shall run, and not be weary.*—ISA. 40:29, 31.

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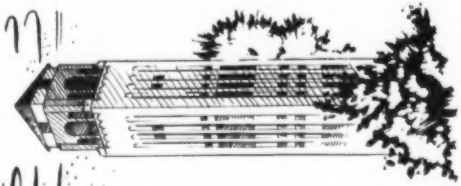

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